

How do you manage to survive a quarantine time as a student?

















Thank you for taking care of both you and our university community by staying home! Here are a few useful tips on how you can manage to survive the quarantine time as a student.

This document includes tips on studying, tutoring, events, buying groceries and taking care of your well-being during your quarantine time. The student union TREY and Tampere University offer support for you, too.

Quarantine and isolation in Finland

In the picture below and on THL's web pages you can find out, what quarantine and isolation mean in Finland. The latest instructions about quarantine and isolation can be found from THL's web pages below: [Quarantine and isolation - Infectious diseases and vaccinations - THL](#)

The aim of **quarantine and isolation** is to prevent the spread of coronavirus. **thl**

When and what?		How to act?
<div style="display: flex; align-items: center; gap: 10px;"> <div style="text-align: center;">  <p>Self-quarantine</p> </div> <div style="display: flex; gap: 10px;">   </div> </div> <p>If you are waiting for the result of a coronavirus test or are arriving to Finland from abroad, self-quarantine is recommended for you.</p>	<div style="display: flex; align-items: center; gap: 10px;">  <p>Avoid contact with people outside the family.</p> </div> <div style="display: flex; align-items: center; gap: 10px;">  <p>You can go outdoors however, maintain a safety distance of at least 1-2 meters from other people.</p> </div> <div style="display: flex; align-items: center; gap: 10px;">  <p>Do not go to the store, to work, to the pharmacy, or to hobbies.</p> </div> <div style="display: flex; align-items: center; gap: 10px;">  <p>If you develop symptoms, get tested.</p> </div> <p style="font-size: small;">Always follow the instructions given by the infectious disease physician.</p>	
<div style="display: flex; align-items: center; gap: 10px;"> <div style="text-align: center;">  <p>Official quarantine</p> </div> <div style="display: flex; gap: 10px;">   </div> </div> <p>If you have been exposed to coronavirus. The infectious disease physician will order a quarantine, tell you the length of it and provide other instructions.</p>	<div style="display: flex; align-items: center; gap: 10px;">  <p>Take into account the instructions given. If you are at home, avoid contact with other family members when possible.</p> </div>	
<div style="display: flex; align-items: center; gap: 10px;"> <div style="text-align: center;">  <p>Isolation</p> </div> <div style="display: flex; gap: 10px;">   </div> </div> <p>If you have been diagnosed with a coronavirus infection. The infectious disease physician will order for you to be isolated, tell you the length of the isolation, direct you to further treatment or provide treatment instructions.</p>		

#coronavirus
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Studying tips

Make a plan for your studying

- Planning reduces stress and helps you retain and remember more information. Gather all of your university resource documents, study-at-home curriculum and instructions from your teachers. Transfer them and other exam dates and deadlines into a monthly calendar. Break out each week into a weekly study plan that suits you.

Keep everything organized in one place

Take pauses to rest and let your mind wander

After studying, practice explaining what you have learned.

- You can either record your speech, practice in front of the mirror, practice virtually with friends online or at home with your quarantine buddy

Listen to the music

- Music can either boost your energy levels or help you focus or relax. Ask yourself what you need and find the music that suits your needs. Spotify is full of different kind of playlists.

Study with friends online

- Safe social interaction is helpful in learning and studying. Organize a virtual study group in Zoom or Teams offered by the university. Share your feelings and tell each other what you are going to study this time. Make a timetable for studying, pauses and socializing

Develop a routine

- Get up at a regular time each morning and go to sleep at a regular time. Set a positive intention for your day and studies.

Don't have your phone near you when working

- It is easy to get distracted with your phone alerting you to new messages. Mute your phone and focus on what you are doing or what you would like to achieve today.

Get some fresh air!

- Open your window or balcony, move your body and breath deep. You will soon get more energized.

Take care of ergonomics – even at the home office!

- Make a standing desk of an ironing board! The height is already adjustable, how handy!
- Stack books to reach a good height for working standing up
- At a home office, it's easy to pause studies for a moment and work out! E.g. YouTube is jam-packed with good videos. Spontaneous dancing among studies is also recommended!

Tutoring

- Tell your tutors when you are in a self quarantine and ask if it is possible to participate in some tutoring events online
- Find your own subject association or guild and ask, if they have any online events to participate in. You can ask these also from your tutor. They are here for you!
- You could form virtual study groups with your friends or others who are in a quarantine. Ask if your tutor knows other students in a quarantine and if they would like to hang out in Zoom or Teams. Maybe you could have a Telegram or whatsapp group with them.

- Ask your tutor to help you or tell where to find help that you need! Check out our **Fresher's Guide** where we have opened many kind of help services offered by the University, TREY student union and health care services:
https://trey.fi/media/trey_fuksiopas_2021-2022_en.pdf

Other activities

- Remote parties
 - Pick a platform that your friends can use. Good options are:
 - Microsoft Teams: Everyone has access here with the university email!
 - Skype
 - Zoom
 - Discord
 - Send an invitation to the participants on time and share it in appropriate channels.
 - Make sure you have good party snacks at home (that you can then crunch on in your friend's headphones).
 - Think of good remote party activities in advance. Good examples are:
 - Truth or dare (truth or truth works better)
 - Pictionary! Everyone can play Skribbl.io on their own computers and you can pick the words for the game
 - Make use of video connections to e.g. play board games
 - Dress up in an appropriate outfit, whether it's the PJs you've been in for days or a comfortable party outfit for hanging out at home. Pyjama bottoms and a fancy top are a winner combo!
 - Arrive to the party on time (or if it's your style, fashionably late).
 - Enjoy your friends' company in an epic remote party!
- Call your parents, grandparents and friends or take a zoom or teams call with them
- Read a book – Now you have time to read your favorite book or a story you have always thought you would like to
- Meditation, journaling or yoga
 - When you need to focus or relax, take a pause for yourself and meditate, journal or have a yoga workout. Free tips can be found for example from YouTube.
- Start a passion project
 - Whether your passion is to write a book, create a home bakery or be in a good fit, you can begin the project at home – at least planning how to develop your idea.

- Learn a new skill
 - There are many kind of possibilities learning online or studying new languages
 - Here are a few links to learn Finnish:
 - <http://tasteoffinnish.fi/finnish/>
 - https://www.youtube.com/watch?v=NYz_rWFItnM
 - https://www.youtube.com/watch?v=AkaS_MqIMsg
- Exercise at home
- Browse YouTube for workout videos or join an online fitness community. Turn on music and dance to move your body and relax your mind and body. Do something that makes you feel relaxed and good.
- Stretching exercises
 - Moving reduces anxiety and depression. This is caused by “exercise-induced increase in blood circulation to the brain and by an influence on the hypothalamic-pituitary-adrenal (HPA) axis and, thus, on the physiologic reactivity to stress”* When you feel stressed, overwhelmed or depressed, tune into your body. Stretch your muscles and breathe deep.
- Tidy up your room/home
 - Keeping things clean will clear your mind and allow you to feel more comfortable, relaxed and happier. Making your bed every morning will give you a sense of accomplishment and normalcy, too
- Maintain your relationships
 - Social distancing is actually about physical distancing. It doesn't mean you can't be social. Here are some ways you can stay up to date on your university work and not feel isolated
 - Connect with your classmates for accountability. For example, you could form virtual study groups with your friends or others who are in a quarantine. Ask if your tutor knows other students in a quarantine and if they would like to hang up in Zoom or Teams.
 - Ask your professors and advisors for help. They are interested in your learning. If you are affected by the pandemic, let your advisors know so they can help you through this process.
 - Find something fun to do with the people you live with. Having time for fun will balance your feelings. Take some time with those relationships that nourish you.
- Watch movies, series or listen to podcasts

- Learn new things that inspire you or simply travel to new landscapes or stories through media.

Events

- Opening ceremony of the academic year 2021 – 2022
 - Tampere University celebrates the opening of the academic year virtually on Tuesday, 7 September 2021 at 12.30. More information on the ceremony and other events of the opening day will be announced in August. <https://www.tuni.fi/en/news/opening-ceremony-academic-year-2021-2022>
- Events from the Tampere University: <https://www.tuni.fi/en/news/events>
 - Some of them might be online.
- TREY's (student union) events: <https://trey.fi/en/community/events-calendar>
 - Some of them might be online
- Associations operating with TREY: <https://trey.fi/en/associations/associations-operating-within-trey>
 - Find your own subject association or guild and ask, if they have any online events to participate in. You can ask these also from your tutor. They are here for you!

Groceries**

"While you are in quarantine, you have the opportunity to order groceries and take-out food to your apartment. Creating an account and having a valid debit card (Visa, Mastercard) is sufficient for making an order. Please avoid making any cash payments to reduce physical contact during your quarantine. Make sure to notify the delivery company beforehand through their application/website that the delivery should be left outside of your apartment.

- Grocery stores. The largest selection of food delivery services is available through **Foodie** (e.g. Prisma Kaleva) and **K-Kauppa** (e.g. Citymarket Pirkkala). However, grocery deliveries are usually available on the day after the order has been placed at the earliest, which requires some planning ahead. These two grocery store websites are available in Finnish only, so it is advisable to utilize an online dictionary for translation.
 - <https://www.foodie.fi/>
 - <https://www.k-ruoka.fi/kauppa>
- Another option is ordering food from one of the three Sale grocery stores through

Wolt. The selection of stores and products is significantly smaller than in Foodie and K-Kauppa, but Wolt is much easier to use for non-Finnish speakers and you are likely to receive your delivery within an hour. You can also download Wolt- application.

- Take-out food
 - If you are not into cooking, ordering take-out food from **Foodora** or **Wolt** is an option for you. Both Foodora and Wolt deliver food from many different types of restaurants from Tampere.”

Well-being

If you feel anxious, scared, depressed, irritable, overwhelmed, or unmotivated, it is OK. You are not alone. You are a valued member of Tampere University and the Student Union community. Ask your tutor to help you find the support you need!

- Check out our **Fresher’s Guide** where we have opened many kind of help services offered by the University, TREY Student Union and health care services: https://trey.fi/media/trey_fuksiopas_2021-2022_en.pdf
- **Navigaattori** makes student guidance and well-being services more easily available and provides students with low-threshold counselling related to a variety of issues that affect well-being. Read more and contact Navigaattori: <https://www.tuni.fi/studentsguide/handbook/uni/4677/4692?page=19725>

Sources:

8 ways for students to stay on track while schools are closed during the COVID-19 outbreak by Erin Condren:

<https://www.erincondren.com/blog/study-tips-for-highschool-and-college-students>

11 Things to Do in Self-Quarantine That Are More Productive Than Netflix by Scott Bedgood:

<https://www.success.com/11-things-to-do-in-self-quarantine-that-are-more-productive-than-netflix/>

Five Tips for Students During the Coronavirus Self-Quarantine by Leslie University:

<https://lesley.edu/article/five-tips-for-students-during-the-coronavirus-self-quarantine>

Tips to Succeed While in Quarantine by Hailey Morgan:

<https://umobile.edu/learning/tips-to-succeed-while-in-quarantine/>

*Quarantine: A Period of Self-discovery and Motivation as Medical Student, JNMA J Nepal Med Assoc. 2020 Jul; 58(227): 536–539:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7580396/>

**COVID-19 instructions for arriving international students by Tampere University:

<https://www.tuni.fi/studentguide/handbook/uni?page=18609>